

SENIOR RESOURCES AND SERVICES

Senior Citizen Handbook 452-0340

Published by the Shelby County Mayor's Office on Aging, this 105-page booklet contains facts and information on services available to citizens of Shelby County through County Government as well as other non-profit and social service organizations. Topics covered range from medical, homemaking, and health aid to educational, recreational, and volunteer opportunities. Hundreds of resources and phone numbers are listed in this all-encompassing handbook.

To get your FREE copy mailed to you, call the number listed above. Every family age 50 and over should have one of these valuable resource books; or, if you are moving a senior citizen to Shelby County, be sure to call for one.

Abused Women's Services	725-4277
Aging Commission of the Mid-South.....	324-3399
Aging, Office on	525- CARE or 452-0340
Agricultural Extension Service	387-1928
Agricultural Extension Dial-A-Tip	377-2500
Alcoholics Anonymous.....	454-1414
Al-Anon Information	323-0321
Alliance for Blind and Visually Impaired	766-0600
Alzheimers Association	565-0011
American Cancer Society	278-2000
American Diabetes Association	682-8232
American Heart Association.....	572-4200
American Lung Association	276-1731
Area Agency on Aging	324-3399
Arthritis Foundation.....	685-9060
Assistance Center – County	545-4311
Better Business Bureau	759-1300
Calvary Rescue Mission	775-2570
Cancer Information	1 -800-4-CANCER
Catholic Charities.....	722-4700
Church Health Center of Memphis.....	272-0003
Collierville Food Pantry	853-3235
Collierville Literacy Council	854-0288
Community Service Agency (Ayers)	523-7554
Community Service Agency (Bartlett)	386-3756
Community Service Agency (Lamar)	332-2320
County Clerk's Office	545-4244
Crisis Center	274-7477
Election Commission	545-2600
Emergency.....	911
Escort Service (MIFA Transportation).....	527-0061

Family Link (missing children).....	725-6911
Family Service	324-3637
Fire Department (Germantown)	757-7268
Fishing License (Tennessee)	1-800-372-3928
Food Stamps (North)	320-7200
Food Stamps (South).....	344-5040
Frayser Family & Counseling.....	353-5440
Frayser-Millington Mental Health Center.....	353-5440
Gardening	452-0340
Germantown Chamber of Commerce	755-1200
Germantown Community Library	757-7323
City of Germantown Information	757-7200
Germantown Community Theatre	754-2680
Germantown Performing Arts Centre box office	757-7256
Goodwill Homes Community Services Agency	785-6790
Highway Patrol.....	543-6256
HIV/Aids Information	544-7405
Home Delivered Meals.....	521-0536
Hospitals	
Baptist Memorial	226-5000
Baptist Rehabilitation	757-1350
Baptist Memorial Collierville	861-9000
Methodist Germantown LeBonheur.....	516-6418
Saint Francis	765-1000
Income Tax Information & Assistance.....	1-800-829-1040
Independent Living.....	726-6404
Insurance Counseling	1-800-525-2816
Jewish Family Services.....	767-8511
Jury Commission	545-4065
Legal Services	523-8822
Library – Germantown Community	757-7323
Library and Information Center (LINC).....	415-2700
Minority Applicant Pool System (MAPS)	766-0600
Memphis Area Transit Authority (MATA)	722-7190
Metropolitan Inter-Faith Association (MIFA).....	527-0208
MIFA Nutrition Sites (hot, noon meals)	
Bartlett Senior Center (M-F)	385-6439
Collierville Community Room (M-T-Th-F).....	853-8069
Jewish Community Center (M-F).....	761-0810
- make reservation the day before	767-6325
McWherter Senior Center (M-F).....	761-2462
Medicare Claims	1-800-633-4227
Memphis Fair Housing Center	432-HOME(4663)
Memphis Transit Authority (MATA)	722-7190
Memphis Health Center	775-2000
Mid-South Lions Sight Service	726-0771

Midtown Mental Health Center.....	577-0200
National Kidney Foundation.....	683-6185
United Methodist Neighborhood Centers	
602 Looney	523-1036
170 Tillman.....	323-4995
3000 Walnut Grove	323-4995
Nursing Homes (for a list)	452-0340
Nutrition Services - Health Department.....	544-7780
Office on Aging (county)	525-CARE(2273)
Police (Germantown)	757-7338
Property Tax Relief	521-1829
Public Guardian	324-6333
Public Library and Information Center (LINC)	415-2700
Rape Crisis	272-2020
Red Cross.....	726-1690
Senior Centers	
Bartlett Senior Center.....	385-6439
McWherter Senior Center.....	761-2462
Senior Information and Assistance	324-3399
Senior Leaders.....	324-3299
Senior Services.....	766-0600
Serenity Recovery Centers	726-1127
Shelby County Crime Victims Center.....	.545-HELP (4357)
Sheriff Department.....	545-5500
Sheriff's Senior Crime Watch.....	867-1455
Social Security	1-800-772-1213
Southeast Memphis Mental Health Center	369-1470
Southern College of Optometry	722-3200
Southwest Mental Health Center	774-7811
Temple Israel Sisterhood Services	761-3130
Time information	526-5261 or 522-8888
U.T. (College of Dentistry)	448-6270
U.T. Dept. of Preventive Medicine	448-8400
Union Mission, Inc.....	526-8434
Urban League	272-2491
Veteran Administration (Benefits)	1-800-827-1000
Veterans Affairs	543-7395
Veteran Service (county)	545-4077
Victim Assistance Center545-HELP (4357)
Volunteer Memphis	523-2425
Voter Registration by Mail.....	545-4160
WIC (Women's Infants Children's) Clinics	522-8268
Weatherization Program	545-4523
Weather Information	332-3679

Web Sites

The following information is included for those citizens who are beginning to make full use of the Internet. These web sites are important sources of information.

AARP	www.aarp.org
Aging Commission of the Mid-South.....	www.agingcommission.org
American Cancer Society	www.cancer.org
American Society of Aging	www.asaging.org
Better Business Bureau	www.midsouth.bbb.org
General Health Information.....	www.healthfinder.gov
Germantown City Government	www.germantown-tn.gov
Heart Health.....	www.americanheart.org
Medicare	www.medicare.gov
Memphis City Government	www.cityofmemphis.org
Memphis and Shelby County Library	www.memphislibrary.lib.tn.us
National Council on Aging.....	www.ncoa.org
Shelby County Government.....	www.shelbycountytn.gov
Social Security Administration	www.ssa.gov

Other web sites for seniors:

www.seniornet.org
www.senior.com
www.friendly4seniors.com
www.seniorssearch.com
www.anetsource.com/Seniors/sen.htm
www.seniors-site.com/index/html
www.Elderhostel.org

To update or add information to this list of resources and services, call 755-0803 or email luci2@comcast.net.

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[Senior Citizens Advisory Commission Home Page](#)
[Germantown Home Page](#)